

Safety News Letter

AMEDDC&S and FSH, April 2003

Water Safety Awareness Quiz

Please circle all that apply.

1. The best way to stay safe in and around the water is to?
 - a. Learn to fly
 - b. Learn to swim
 - c. Learn to fly
 - d. Don't go near the water
2. If in trouble in the water, how should you signal for help?
 - a. By shouting "HELP" or waving your hands
 - b. By calling on the phone
 - c. Blowing on a whistle
3. The operator of a boat involved in an accident must file a report if?
 - a. A person dies
 - b. A person is injured
 - c. Property damage \$500 or more
 - d. Any of the above
4. According to the US Coast Guard what is the cause of most boating fatalities?
 - a. Rough weather conditions
 - b. Capsizing and falling overboard
 - c. Collisions with other boats
 - d. Equipment failure
5. Which of the following saves the most lives in a boating accident?
 - a. Knowing CPR
 - b. Having a first aid kit handy
 - c. Skilled divers
 - d. Life jackets
6. It's Ok to drink alcohol while boating or swimming?
 - a. True b. False
7. A personal floatation device is a substitute for parental supervision?
 - a. True b. False

Answers to Quiz on Page 2.

Prepare For A Safe Summer!

Summer is almost here Water, Sun, and Fun!!

On a scorching summer day nothing is quite as refreshing as jumping into the nearest body of water. However, as cool and inviting as it may look, water can be a killer.

According to the National Safety Council drownings claim 4,600 lives each year and are the fourth leading cause of accidental death in the US.

Most drownings occur in natural water environments and swimming pools found in apartments, hotels, and resorts. The majority of water-related accidents are preventable. By following these simple safety rules you can avoid a tragedy:

- Seek swimming instructions from a qualified instructor for you and your children. Many water related accidents occur when people are mistakenly confident about their swimming and diving skills.
- Never swim alone. Confine water activities to areas supervised by lifeguards.
- Children must be constantly supervised around water.
- Obey all posted safety rules.
- Stay out of and off the water during thunderstorms.
- Know your ability to rescue. Only properly trained swimmers should attempt a rescue.
- Learn and practice lifesaving techniques, including first aid. Know how to throw a line or ring buoy to a swimmer in trouble. Poor swimmers should not rely on inner tubes or other inflatable objects for protection. Use a personnel protection device, life vest or jacket.

- Always check water depth before diving and NEVER dive into an above ground pool.
- Protect yourself from the sun. Use UV protection to minimize exposure during the hottest periods of the day.
- Always avoid the use of alcohol while in or on the water.
- Get an early start towards a safe and fun summer in and on the water. DO NOT make the list of next year's statistics!!

Principles of Safe Boating

1. Wearing life jackets saves lives
2. Boater education saves lives
3. Safe boats save lives
4. **SOBER** boating saves lives
5. Signaling devices saves lives

Summer Driving Tip

When driving long distances, avoid driving alone and driving at night. Take a break every two hours. Get sufficient rest the day before. Ensure your vehicle is in safe operational condition. **Stay Alert!**

Upcoming Safety Training

Willis Hall; Bldg. 2841; 0830-1000

April 2	Heat Stress; Rm 3503
April 24	Trenching; Rm 2206
May 14	Contractor Safety Rm 2206
May 20	Safety Day Road Runner; 1000-1400
June 4/5 All Day	Collateral Duty Safety Officer; Rm 2121
June 11	Heat Stress; Rm 2121
June 18	Hazard Assessment

Always Buckle Up Always Drive the Speed Limit Never Drink and Drive

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Answers to the Quiz

- Q1. **Ans. B.** Learn to swim.
- Q2. **Ans. A.** By shouting for help and waving your hands.
- Q3. **Ans. D.** All apply a report must be filed.
- Q4. **Ans. B.** Capsizing and falling overboard. Always ensure the appropriate life jackets are available prior to going out on the boat.
- Q5. **Ans. D.** Life jackets, US Coast Guard approved. Ensure each person on the boat has a life jacket that fits.
- Q6. **Ans. B.** False, drinking alcohol impairs judgment, coordination, balance, and your ability to stay warm.
- Q7. **Ans. B.** False, in the water or on the boat children must be supervised. **Do not take chances!**

Lightening Strikes

Summer is the most dangerous season for lightening strikes and injuries. Nearly 100 people die from lightening strikes each year, and hundreds are injured. If you see lightening or hear thunder, you are a potential target for a lightening strike. Lightening fatalities or injuries occur most often when you are:

- **Near or in water**--indoor and outdoor pools, and showers.
- **Near or under trees and tall objects**--diving boards, towers, lifeguard stands, poles, etc.
- **Near vehicles or buildings, instead of in them**--under awnings or unenclosed buildings.

- **At recreational facilities and open areas**--pools, ball fields, golf courses, and parks.
- **Near the storm**--especially before the storm arrives and after it has passed.

Remember the Lightening 30/30 rule--If time is less than 30 seconds from "flash to bang", take cover and do not resume outdoor activities for 30 minutes after the storm has passed.

Running Safety

Hopefully everyone had a chance to read the article in last weeks News Leader on safety regulations while running on FSH roads. The ISO would like to reiterate the importance of obeying the signs posted along the major installation roadways. Adhering to the rules will prevent tickets and eliminate the possibility of an accident.

Here are a few safety precautions for runners on and off the Post:

- Run facing traffic, use crosswalks whenever possible. Make eye contact with drivers.
- Tell someone where you are running and how long.
- Don't run the same route everyday. Run with a friend.
- Carry identification.
- Never run with headphones or earphones. Stay alert!
- Stretch and warm up prior to running.
- Avoid dehydration!!! You can lose 10 to 12 oz. of fluid for every 20 minutes of running.

Please, Report All Heat Related Injuries

With the heat season upon us, the requirement for reporting heat injuries is as follows:

- Heat injuries resulting in one day lost time will be reported on DA Form 285-AB-R.
- Injuries not resulting in one day lost time will be reported on FSH Form 96E.

Units training at Camp Bullis send accident report to Camp Bullis Safety Office, attn Mary Lloyd, fax: 295-7920.

All other heat injury reports can be sent to FSH Installation Safety Office, MCCS-BFE-S, bldg 2250 or fax to 221-9847.

Any medical treatment (IV fluid) provided to soldiers with heat injuries is reportable as first aid injuries.

Safety Tip

"Wear Your Hardhat"

Useful Websites

OSHA: www.osha.gov
Army Safety Center:
<http://safety.army.mil/home.html>

For additional assistance contact

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Safety Manager, Bldg 2250
AMEDDC&S and FSH Safety
Office,
Directorate of
Safety, Environment and Fire
2404 New Braunfels Ave, Stop 38
Fort Sam Houston, Texas 78234
Phone: 210-221-9882
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Or visit

Installation Safety Office Website
at:
www.cs.amedd.army.mil/iso/

Safety First!

Safety Is No Accident, It's Everyone's Business